

## Recognizing and Managing Triggers of Shame and Insecurity

### Lesson #3

In the last lesson, you had the opportunity to find out your IF, or your Identity Factor. You found yourself in one of these categories.

*12-26 = I don't see myself as a Chosen and Worthy Child of God. My identity is riddled with low self-esteem, fear, and self-defeating behaviors. My next step is to learn more about the unfailing love Jesus has for me. I need to step toward seeing myself in His reflection.*

*27-39 = I realize there is more to me than I'm living and I sometimes embrace myself as a Chosen and Worthy Child of God, but I don't know how to embrace it. Certain triggers have the potential to send my mind reeling into thoughts of feeling unimportant, unworthy, and lacking in value.*

*40-48 = I fully embrace myself as a Chosen and Worthy Child of God. I may have some weak moments, but I know exactly how to counter those moments with truth.*

Today, we are going to talk about those everyday things in life that seem to rip the band aid off the weak and broken places in our life.

I'm always amazed at how strong I can feel one moment and within minutes, something happens to crumble my resolve. I have spent years healing from a broken identity. I write, speak, and teach about it. Yet, it is still something I must intentionally guard *every single day*. I can't get lazy lest I find myself riddled with self-doubt and absorbing the world's reflection instead of the reflection of Christ.

Something I must be diligent about is not only knowing exactly what triggers my feelings of shame and insecurity, but being prepared for those circumstances as well.

For example, body image is an area with which I struggle. My height, strength, and athletic build as a young girl was often criticized. It has taken me years to embrace that God did not create me as a petite and delicate woman! And although I know He created me wonderfully and I am thankful for that, certain situations and environments can trigger those feelings of inadequacy. Therefore, I must be both aware and prepared.

There are certain people in my life that talk incessantly about diets, weight, and fitness routines. Although I am fine talking about them in a casual manner (and do work at eating healthy and staying fit), when the situation becomes too intense, it's important I set boundaries. I need time limitations for those people as well as an escape when the situation becomes toxic. I also prepare my mind with the truth of what God says about me. I throw up my mental STOP sign and cancel out the negative thoughts and I refute lies with Truth!

I replace self-talk that tells me I am not thin enough, fit enough, or attractive enough with the truth found in the verse God has used to speak to my heart and to heal me.

*"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." - Psalm 139:14*

Another example is with social media. I believe it is a potential trigger for all of us because it is at our fingertips 24/7. Whether our struggle is with body image, family image, relationship status, or financial status, social media easily breeds insecurity. We begin comparing our worst to another's best.

For me, it is about my ministry. I see what others are doing and begin believing what I am doing is inadequate. It's then that I need to step away from social media and get quiet with Jesus. I remind myself of the truth that refutes the lies. Ministry is about following God and His calling. If prayer and His Word lead me in one direction in ministry, that is where I go. He blesses each path uniquely and comparing what He gives me to that which He gives another says I don't trust Him with the path He has set uniquely for me.

I'm not sure if your areas of shame and insecurity are even remotely similar to mine. But I do know that we all live in a very broken world. What we struggle with may be due to the choices we have made or it may be due to things done to us over which we have had no control.

I know the enemy wants to keep you from living victoriously. He'd love nothing more than for you to be trapped in the pain, regret, and bitterness. But Jesus conquered death and made a way for us. He made a way for us to conquer all things with Him.

Let's cheer each other on and hold one another in prayer. Let's remind the enemy he has been defeated and has no power in our lives. Then, let's walk forward toward our purpose with victory!

To help you discover your triggers, I've created a one-week worksheet for your use. It will bring about an awareness to the events in your life, the thoughts you allow in your mind, and your physiological, physical and emotional responses to them. Awareness is a huge step in the battle. Without awareness, we can't take the next steps toward full healing.

Print out this worksheet, add it to the binder or folder you are using, and keep it with you. It is designed for simple and efficient note-taking. Soon, you will begin to note the patterns of certain triggers that propel the rising of shame, fear, and anxiety.

My design was inspired by a book utilized in my Life Coaching courses titled *The Lies We Believe* by Dr. Chris Thurman. It's a book I highly recommend if you are desiring to dig in even further!

### **In the Next Lesson**

We will learn to identify the roots of that shame and insecurity.

## **Prayer**

*Dear Father, Today I come before You in praise of how You ever so carefully designed each of us uniquely. You say You created us wonderfully. Those words tell us that no matter our size or shape. No matter our likes or dislikes. And no matter what we have done or has been done to us, we are created by the Master Artist as wonderful. We are valuable, chosen, and worthy. We are loved from the inside out by the God of the Universe. Thank You for that reassurance. Lord, we pray You reveal to us the triggers in our lives. Help us see them, recognize them, and prepare for them. Fill us with wisdom to set boundaries and fill our minds with Your Words of Truth. Give us a passion for Your Word and an insatiable desire to read and commit Your Word upon our hearts so that at a moment's notice, we have it ready as ammunition to refute lies. Lord, we love You and praise You. In Jesus' name we pray. Amen*